

Support, advice and guidance from...

Early Support

Small Steps - Lasting Change

Parenting is tough!

We can all do with a little bit of advice and guidance at times

The Early Support staff are trained in the most up to date evidence based approaches to support you as a parent or carer!

Staff are here to....

- listen
- to support you to make the best decision for your family
- to offer advice and support from a friendly professional
 - to reassure
- to support access to any services you may need or want and
- to do what ever they can to offer support!

These topics
will help with
starting
school

You can get support through any of the virtual sessions however you can also call 020 8736 6222 and ask to be put in contact with a member of the team



Ask about
sleep routines

Ask about
toilet learning



Ask about
meal times or
feeding

Ask about
behaviour



Summer Term 1 2024

Behaviour Workshop
Call 020 8427 0134 to book
Focus on parents of 2 - 5 year olds
Virtual - Thursday 9 May 2024
12 - 1pm



Call 020 8736 6222 to book
Positive Behaviour management-
avoiding physical chastisement
Monday 20 May am or pm

For families of children on the
journey to diagnosis or with a
diagnosis of SEND

Call 020 8736 6222 to book
Virtual/ face to face -
Friday 17 May 2024
12 - 1.30pm

Early Support Parenting Workshops

We all need advice sometimes....
Appointment only



Toilet Learning Workshop
Call - 020 8427 0134 to book
Virtual/ Face to face -Thursday 24 April 2024
1- 2.30pm

For families of children on the journey to diagnosis or with a
diagnosis of SEND

Virtual/ Face to face - Tuesday 21 May 2024
12.30 - 1.30pm
Call 020 8736 6222 to book

Parenting Top Tips & Advice Appointments

Virtual / Face to Face at Cedars
Call to book - 020 8736 6222
17 April 2024
29 May 2024

Face to Face at Pinner
13 May 2024
20 May 2024

Virtual /Face to face at Gange
Call to book 020 8427 0134

Monday 29 April 2024 pm
Wednesday 8 May 2024 pm



S.E.N.D Workshops

If your child has S.E.N.D you may need some more specific advice and strategies



Toilet learning for children with S.E.N.D

Tuesday 21 May 2024 pm

Please call 020 87366222 to book

Behaviour workshop for children with S.E.N.D

Friday 17 May 2024 – 12 – 1.30pm

Please call 020 8736 6222 to book



FREE RELATIONSHIP COURSES

Families in Harrow can access more support through challenging times thanks to a range of online relationship courses designed to help parents, whether they are together or separated.

As part of its ongoing commitment to reducing parental conflict in Harrow, Harrow Council has commissioned relationship charity One Plus One to provide access to three evidence-based digital courses for families with a child/parent that lives in Harrow.

Families will be able to access three online courses:

- **Me, You and Baby Too** – designed to help new and expectant parents cope with the changes that could happen in their relationship when they become parents and learn how to cope with stress and conflict constructively.
- **Arguing Better** – designed to raise awareness of the impact parental conflict can have on children and help parents develop better ways of managing stress and arguments together.
- **Getting it Right for Children** – designed to support separated parents, helping them to avoid the harmful situation of their children getting caught up in the middle of their conflict.

There is a wealth of evidence demonstrating the long-term negative effect parental conflict can have on the development and wellbeing of children. The past few years have seen families forced to face new challenges, increasing stresses in the home and creating a climate where conflict could be more likely to occur.

Register for any of the FREE courses above at www.oneplusone.org.uk/parent-resources-for-england

Or for Further information/support contact Harrow's Golden Number on **0208 901 2690**